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for your digestive health and in reducing your risk of developing heart disease, high cholesterol, diabetes, diverticular disease, and colon cancer. The American Heart Association suggests eating fiber from a variety of food sources, equaling 25 to 30 grams a day (not from supplements). Foods marked "high fiber" must have at least 5 grams of fiber per serving. You may want to keep a jar of oat bran, flaxseed or wheatgerm handy to sprinkle on top of yoghurt, cereal, soups etc. to boost your fiber intake.

What foods are high in Fiber?

Bran cereal

Oatmeal

Brown rice and whole wheat pasta

Whole wheat bread

Lentils, black and kidney beans, green peas

Dark green leafy vegetables, broccoli

Root vegetables, cooked carrots

Raspberries and blueberries

Dried fruit (prunes, raisins, apricots)

Tree fruit (apple with skin, pear)

This information should be used after speaking with your practitioner, it does not replace their advice.



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Avocado

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